

# THERAPEUTIC WINDOW

## DR. BRIAN ALLDREDGE

### *PHARMACISTS IN EPILEPSY & NEUROLOGY*

*The opinions expressed in this interview are those of Dr. Brian Alldredge and do not necessarily reflect the views of the UCSF School of Pharmacy.*

#### **1) Students know you as a professor and course coordinator for Therapeutics, but could you tell us a little bit more about yourself?**

I grew up in Southern California, received a B.S. from UCLA, completed my PharmD at UCSF, and then returned to Southern California for a pharmacy practice residency at Long Beach Memorial Hospital. My first 'real job' is the one I still have as a faculty member here at UCSF – though it certainly has changed and morphed over the years.

I have a diverse range of responsibilities, and I love it that way. My role in CP120 is certainly the most visible to students, but I'm also Associate Dean for Academic Affairs for the School of Pharmacy and I'm active in patient care and clinical research with a focus on the treatment of epilepsy.

I'm also the first person in my family to have gone to college and am very interested in the experience of other 'first generation college' students as they embark on education.

#### **2) What's it like working as a Dean for the School of Pharmacy and a professor in the School of Medicine? There's been a lot of curricular changes happening on both fronts-what's that been like for you?**

I've been in my Associate Dean role for about 12 years, and I've enjoyed it tremendously. In this role, I work with the School of Pharmacy and departments on the recruitment, development and advancement of faculty. I also represent the school on several committees and working groups that develop new initiatives or policies in these same areas – but at a campus level.



*Dr. Brian Alldredge, Pharm.D.,*

For example, I recently completed a 3-year term on the Chancellor's Council on Faculty Life – which is a group that develops programs to help faculty thrive in their professional lives and to move closer toward an optimal balance between their personal and professional lives.

My role in the School of Medicine is primarily focused on classroom and experiential education related to epilepsy treatment. I give lectures to the neurology residents, epilepsy fellows and medical students and I work with these same groups in the UCSF Epilepsy Center. A few times each year, I precept a medical student who is part of the Developmental Primary Care program – a campus program that develops expertise in the care of patients with developmental disabilities. Many people with epilepsy don't have developmental disabilities – but some of my patients do. I also have a young son with a developmental disability and it's great to be able to share my experience both as a parent and as a care provider. Of course, I learn a great deal from the students since they see a broad range of care settings and often

have a special interest in this area.

#### **3) How did you develop an interest in epilepsy?**

When I was hired at UCSF I had no real expertise in epilepsy. I first worked at San Francisco General Hospital in the SFGH Outpatient Neurology Clinic – precepting students in general neurology. But I quickly gravitated toward epilepsy because it seemed ideally suited for a pharmacist's skills... it's primarily a drug-treated chronic condition; there are many available drugs and a certain 'art' to using them and, these drugs tend to be complex from pharmacokinetic and adverse effect perspectives. Also, once a patient receives an epilepsy diagnosis, you can assess the effectiveness of drug treatment by obtaining a good patient history – and I was taught how to do this by some outstanding neurologist mentors early in my career.

#### **4) Can you tell us a little bit about the pharmacist's role in the field of neurology?**

It's an area that's grown substantially over the years. There are pharmacists who specialize in strokes, movement disorders, headaches, neurodegenerative diseases, neurocritical care and epilepsy. Each year, there are about 2-3 dozen pharmacists with an epilepsy focus who get together from around the country at the annual American Epilepsy Society meeting. I've made some really wonderful friends through this group – and we often collaborate on research or writing projects.

#### **5) What made you go into academia?**

I love to learn and I love to help others learn. And the prospect of creating some new 'knowledge' – via clinical research – that didn't exist before, is really exciting to me. I've been fortunate to be part of some great research teams.

ALLDREDGE

# ASSP News

## ASSP President: The Good Failures in Life

**Michael Yang**  
ASSP President

Yes, I am over 30. And if you were curious, yes I am awesome. Wow, this quarter has been tough for me, and the pressures of exams, IPPEs, and other personal or professional issues must have been draining on you too. There just aren't enough hours in the day, but fear not – I am working with OSACA to reduce class hours down to 39 seconds each day and to summarize all “required reading” down to one word. But even with the stresses of school, I still wouldn't trade it for anything (please hear me out before you tear this paper in disbelief).

The progression from K-12 to college was smooth but transitioning out of undergrad was tumultuous. I was a young and naive 21-year-old without a plan so I applied to Ph.D programs because I wanted to hide in school for another 5-6 years. Of the few schools I applied to, USC was the only one to extend an interview and I was ecstatic. They flew me down to USC and I was confident that my chances were good. After about three months waiting for a response, I finally got a rejection e-mail and it was one of the most gut wrenching and academically painful experiences ever. So I applied to pharmaceutical and biotech jobs around the bay area but nothing was available because jobs for recent graduates

were at an all-time low during the recession. Jobless for about 18 months, I would wake up each day discouraged and demoralized.

My early 20's were rough – I didn't have a school, a job, or a direction but looking back, being rejected from USC was the best thing that has ever happened to me. I have learned to accept my failures because they shaped me into the person I am today, and it's my failures that continue to build my character. It has been a tough quarter, and it's been a long year that passed by quickly, but I hope that you learn from and forgive the bad, just as much as you appreciate the good this year has offered you.



*ASSP - Outgoing and Incoming Cabinet Officers*

## Spring 2013 Students Of The Quarter

**Shannon McCabe**  
ASSP Secretary

**Collin Yu, Class of 2016**

He has always made an effort to keep the class united and has been selfless in serving his role as class president.



**Amanda Sugay, Class of 2015**



She has been a great spokesperson for our class in terms of pharmacy policy and has been a great representative at conferences. She is passionate about advancing our profession and doesn't hesitate to keep us updated on SB 493. She also made an awesome therapeutics study guide this quarter.

**Nichol Baxter, Class of 2014**

Despite being on rotations, she continues to collect useful information and actively shares this with her classmates, so that they can benefit. Nichol sets a great example as she gives her all in her rotations, her extracurricular activities, to her classmates, and her friends. She recently received a scholarship for being an active part of Script Your Future, and she is passionate about helping patients. She is always humble about her achievements because she doesn't do it for recognition, but she should be for the good she does for our school and our profession.

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# ASSP News and Curricular Affairs

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## Challenge Yourself

**Leann McDowell**  
ASSP President-Elect

As I reflect on this past school year, I am surprised at how quickly time has passed. It seems like just yesterday I was sitting in HSW for the first time with my fellow P1s, listening to Christine Bui explain how ASSP was like a bowl of ice cream and being utterly lost while trying to sort through the RCO alphabet soup. I was in awe over how much the P2s knew, just after one year of pharmacy school, and I'm still amazed how each year 122 strangers come together to form a phamily and support group for one another.

As all of us move on to new roles this next year, I want to challenge you to not only continue to guide and lead the people around you, but to also continue to push yourself. As student pharmacists and future health care providers, we focus much of our attention on helping others, but sometimes it's okay to be a little selfish and focus on improving yourself. As Eleanor Roosevelt once said, "you gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."

Once you enter into the working world, it is easy to fall into a rut and become comfortable with the status quo. Now is the time to experiment, to try new things and step out of your comfort zone. It doesn't have to be big; it could be as small as trying a new food or getting a new haircut. But challenging yourself now will help you become more comfortable with being uncomfortable and will prepare you to be a leader who will help change and shape the profession of pharmacy in the future. Just remember, if you fall, your phamily is here to pick you back up.



*ASSP President Michael Yang, President-Elect Leann McDowell and outgoing President Christine Bui*

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## Patient Monitoring and Beyond

**Ivan Mok**  
IPPE Project Mentor

This spring, the UCSF School of Pharmacy curriculum shifted its focus from traditional didactic learning to a new hands-on patient care approach to better prepare students for their APPE activities. Perhaps the largest change was the new 80 hour quarterly IPPE requirement. While the first year students increased their time commitments to their IPPE sites, the second year students undertook the challenge of applying therapeutic knowledge to monitoring patients at UCSF Medical Center under the guidance of newly graduated pharmacists from the UCSF Class of 2013.

Over this quarter, these second year students participated in an early preview of their future. The activities drew upon the skills gained in their drug information course, therapeutics, first year CP classes and their internships as well. They completed several

drug monographs/medication guides for high risk medications, such as Propofol and Fentanyl, and then consequently used their research to monitor therapy in patients and determine whether the medical decisions made were appropriate. The exercise was no longer just a SOAP sheet posted online, but a patient profile from the medical center that required students to not only find where notes, vitals, and lab values are in APEX, but also to sift through for relevant information, assess the patient and generate a plan.

Students were responsible for following patients in a similar capacity to APPE students. They also honed their public speaking skills with a final presentation. On behalf of the administration and mentors of this course, we are very proud of the efforts and growth that the second year students made over these past eight weeks. They were incredibly resourceful and resilient in the face of this challenge to apply classroom knowledge into the real world.

# Curricular News and Student Focus

## IPPE: Student Reflections

I thought it was a good experience for getting a little exposure to the Apex software, and it gave us an opportunity to put some patient faces on the therapeutics we're learning. It also gave us a medium to talk to and learn from our P4 preceptors.

- Yifan She

The most enjoyable part of my IPPE experience was being able to monitor real patients and also being taught by my classmates about different drugs.

- David Yu

It was a good introduction to how APEX works and as well as drug monographs, especially for those of us who did not participate in the P&T competition.

- Alan Wong

The IPPE experience immediately made clear why we learn what we do in the classroom while giving us a dose of reality by replacing paper cases with real world clinical cases.

- Aashish Surti

I learned a lot from the IPPE experience this quarter such as how to navigate APEX and monitor patients. The course did seem a bit unorganized at times, so I think some improvements definitely need to be made for subsequent classes

- Stephanie Hsia

The re-designed IPPE program offers a lot of insight into the next generation of pharmacy education. It was nice being able to do more hands-on learning.

- Ruzly Mantara

Great guidance Pan Pan, and congratulations on the Bowl of Hygeia! The P4 student leaders provided great personal insights and words of encouragement.

- Aaron Steele

I felt IPPE was a good experience because I learned how to navigate APEX!

- Aline Lieu

## Student Focus: Ryan Beechinor, Class of 2014

**Tell us a little bit about yourself. What were you doing before coming to UCSF?**

Despite the far spread and inaccurate rumor that I am from Wisconsin, I was actually born in Boston, MA. Around the age of 2, my family moved to Andover, MA, a town just 25 miles north of Boston. Andover is known for its world-renowned private school, Phillips Academy. I, however, attended the much less prestigious (and pretentious) Andover High School. From there, I ventured west to attend the University of Wisconsin at Madison where I earned a Bachelor's of Science in Biochemistry. GO BADGERS! In addition to my propensity for science, I was also very interested in Philosophy and graduated just 3 credits shy of double majoring, a failure that will haunt me forever. After a brief return to Boston to attend as many Red Sox games as possible, I begrudgingly moved to San Francisco that September to start my PharmD here at UCSF. Despite having some experience moving away from my friends and family, this particular move was quite different since, at the time, I had no contacts in the entire Pacific Time Zone. However, I can't imagine having found a program more fit for me than UCSF and feel lucky to call San Francisco my home.

**RYAN BEECHINOR**



Ryan Beechinor

**What has been your most memorable experience? Most challenging?**

Without question, my most memorable experience here at UCSF has been serving as a member of the admissions committee. The opportunity to collaborate with the outstanding individuals on the admission team as well as give back to the school was incredibly rewarding. Although the time commitment for this position was challenging, I feel as though my efforts have made a positive impact on the UCSF community. My most challenging experience at UCSF was teaching a Pharmacology course to 1st year Physical Therapy students under the direction of Dr. Tina Brock. For this course, we decided to reorganize the entire curriculum to specifically target information most pertinent to PT students. These drastic changes required flexibility and time commitments which we had not anticipated. Despite this challenge, working together with Dr. Marissa Trester and fellow P3 Tina Tran, we were able to successfully revamp the course. Ultimately, I aspire to become an educator and am glad I participated in the course as it helped me strengthen my teaching skills.

# Class Updates from the Presidents

## Class of 2014: A New Chapter in Life

**Maggie La**  
Class of 2014 President

The last day of class marked the end of one chapter as we prepared ourselves for the new challenges in APPE rotations. The class of 2014 made a grand exit by winning 1st place in the 2013 Blood Drive at the end of the Winter quarter. We celebrated the last day of class with a pizza party, made possible by Dr. Kirby Lee's generous donation. Our party was made more memorable by the wonderful P3 cabinet who made rotation preparedness kits with a personal message for each classmate.

Although we have completed 3/4 of the curriculum, this last year will be the most rigorous and challenging one yet as we embark on a new chapter. Instead of frantically flipping through our therapeutic notes, Pubmed, Micromedex, and guidelines have become our best friends. Many of us are already one-eighth of the way done with rotations and ready to tackle the second rotation ahead of us.

Last but not least, we would like to thank the outgoing P3 cabinet, with Chai, Katya, Ashley, and Esther, for their amazing



*Class of 2014 picture on the last day of classes March 14, 2014*

job on coordinating all the social events, setting up the comprehensive exam review, and keeping us on our toes. The incoming P4 cabinet, with Luong, Noelle, and Lisa, is excited for the year ahead of us. We are brainstorming ideas for fundraisers, board exam review, and the graduation dinner. And until next time, good luck to my fellow P4s!!!

## Class of 2015: Half Way

**Jason Barca**  
Class of 2015 President

Our class was challenged with change this quarter. The last stretch of road toward completing P2 year was scattered with bumps and potholes, but as a class, rather, as a school, we navigated our way through to the end. In addition to a dense academic quarter, an extra 80 hours of IPPEs were added to our curriculum, PC and PCOL were combined into one class, health policy was moved to P3 fall quarter, and CP 121 became P/NP. The faculty and administration asked a lot of our class to help spearhead this change. We complied, we adapted, we rolled with the flow, we offered indispensable feedback, and we still managed to excel – which is why I am so proud to be a member of the Class of 2015.

Through our perseverance we will be rewarded with a huge class celebration at epic proportions. The entering and exiting class cabinets have joined forces to host this event. There will be catered food, refreshments, games, fun, the E-Value raffle, and a chance to say farewell to our classmates before summer.

Speaking of saying farewell, can you believe that we reached the half-way point?! We only have two quarters left together as a class. With the announcement of rotation sites, it was a weird feeling observing the class being split up into different groups. In less than a year, our friends will be distant from us. Be sure to spend quality time with the people at UCSF you have grown close with. Also think about getting to know our classmates who

you are not too familiar with.

Well classmates, I had a great time being your class president. It was a great learning experience for me. My class cabinet was amazing. They went above and beyond their responsibilities. Thank you Cynthia Bach, Jessica Pham, and Priscilla Truong! The class is in good hands with the incoming class cabinet. I am looking forward to P3 year.



*Class of 2015 Cabinet*  
*From Left to Right: Jessica Pham, Jason Barca, Cynthia Bach, and Priscilla Truong*

# Class Updates and RCO News

## Class of 2016: Here Comes the Baton

**Collin Yu**  
Class of 2016 President

UCSF SOP must be an ultrarapid metabolizer. It has the amazing ability to transform 122 inexperienced students to be great intern pharmacists and pharmacy leaders in a short period. This quarter's peer evaluated OSCE and new leadership illustrated this astonishing transition. I was very proud of the skills my classmates developed within less than 1 year. For me, I enjoyed witnessing the birth of amazing pharmacists.

Amidst curricular and IPPE changes, our class held strong with team support. However, our Spring was mostly a celebratory period with award ceremonies and banquets. The Alumni Day gave appreciation to our graduates who contributed to the pharmacy field and UCSF SOP; the Pharmacy and Therapeutics party



EPC P1 Representatives  
(Adele Feng and Anna Gruzman) give thanks

honored our national champions, which included Tiffany Nguyen and Clint Owens; the Cadaver Memorial Service paid tribute to our generous body donors with performances from Carly Bliss, Tiffany Lam and Maurice Horton; and, the Educational Policy Committee presented their gratitude in the Appreciation Project. Furthermore, this quarter continued to bring classmates and schoolmates together. The KY-PDC Sports Day provided fun activities for both of the main

fraternities while the P2-P1 Golden Gate Park Picnic and the COSA Auction brought the two classes together for fun and for community activities. The P1s also implemented Theme Tuesdays to unify the class in attire while continuing Hand-In-Hand Hangouts.

CLASS OF 2016

*Continued on Page 12*

## NCPA: New Accomplishments and Directions

**Christopher Shaheen and I-Chen Fong**  
NCPA President and NCPA President-Elect

As the spring quarter comes to an end, we bid farewell to our outgoing board members. Their dedication to promoting business skills, entrepreneurial spirit, and serving the community was truly inspiring. We wish them the best in their next endeavors. At the same time, we are welcoming in new board members including I-Chen Fong, Dor Keyvani, Sunny Lu, Som Young, and Chiara Bui who are full of energy and great ideas.

We are pleased to report that the 2013 Good Neighbor Pharmacy Pruitt-Schutte Student Business Plan Competition was a great success. NCPA interviewed a group of highly motivated students interested in developing business skills and competing nationally. The team includes Laurie Wright, Bellamay Montessa, I-Chen Fong, and Ion Suehiro who presented their business plan at the spring banquet which had many students, faculty advisors, and the Dean in attendance. The Business Plan Team presented their plan to set up Sunshine Pharmacy and showed how creative you can be with your pharmacy business. In the past, UCSF has placed in the top 10 twice, one of few schools to accomplish this. We wish our team the best of luck competing nationally!

Also this spring, we wrapped up our newly revamped Busi-

NCPA



NCPA Business Plan Team with Faculty advisor John Kong at the NCPA Annual Spring Banquet.  
From Left to Right: John Kong (Faculty Advisor), Ion Suehiro, Bellamay Montessa, I-Chen Fong, Laurie Wright

ness Skills & Entrepreneurship elective, which Dr. Kevin Rondoni helped teach and plan by inviting exciting guest speakers. We received very positive feedback from students which included class members from P1s to P4s. The elective was interac-

*Continued on Page 12*

# Campus Organization News

## APhA-ASP: A Strong Finish to a Dynamic Year

**Anh Doan**

**APhA-ASP President**

APhA-ASP strives to provide valuable professional development events and opportunities to advocate for our profession. CPhA/CSHP **Legislative Day** in Sacramento gave students the chance to speak to policy-makers about SB 493 and support the expansion of our scope of practice. Furthermore, the event was a great occasion to network with California pharmacists. I had the fortune of meeting a community pharmacy resident practicing in the area, who agreed to share her experiences with UCSF students through APhA-ASP's first **Pharmacist Happy Hour**. This event, along with **Student Perspectives on Residency** presented in collaboration with CSHP, are new events that aim to enhance the



Thank you to the incredible 2012-2013 board and awardees: at APhA-ASP Banquet

mentorship opportunities on campus, both among peers and with pharmacists. Finally, the **APhA-ASP Annual Banquet** was a wonderful evening to celebrate the accomplishments of the year and install the new officers. The greatest thanks goes to the numerous faculty members who support APhA-ASP and make our events possible.

I also want to thank the outgoing APhA-ASP board for an amazing year. Their hard work and dedication to the organization are impressive and I am proud of what our team has accomplished. Lastly, I would like to congratulate and welcome the incoming board. It is an honor to lead this team of enthusiastic and talented individuals who have made a running start in leading APhA-ASP to new heights of success. I look forward to a fantastic year!

## AMCP: Looking Toward the Future

**Lucille Sun**

**AMCP President-Elect**



2013-14 AMCP Cabinet

Over the past year, our local AMCP chapter has continued to set higher goals and meet new challenges to grow as an organization. The coming academic year will be no different as we welcome a new board of passionate and dedicated individuals. Leading this enterprise is our ever inspiring and ambitious President, Benjamin Parcher. I am also excited to work alongside our new

board members: Thomas Lee, Mary Zhang, Adele Feng, Nathan Matsubara, Clint Owens, Linda Chen, Rena Sheng, Joshua Smith, and Tom Zhao. Our P&T coordinators, Tiffany Nguyen, Jennifer Tran, Matthew Cummings, and Vicky Cao, also have great plans in store following our extraordinary performance at the national P&T championship in San Diego this year.

For the Spring of 2014, AMCP will be introducing a managed care elective to provide students an opportunity to explore managed care careers to a level of depth beyond what is provided through our lunch talks and information sessions. Each topic we cover will be grounded in how principles of managed care can be applied to improve health outcomes – whether in the hospital, in a biotech company, or in the retail pharmacy. In addition to providing students with a structured opportunity to delve into managed care, this elective will also emphasize the importance of interprofessional collaboration and the growing role of technology, which we hope will act as a springboard to greater innovation. Our elective coordinators, Michelle Nguyen, Matthew Cummings, and Tom Zhao will be spearheading this exciting new project.

Most of all, I would like to recognize our members who have supported AMCP events, gained knowledge, given feedback, and had a wonderful time! Without you, none of our successes would have been possible. Thank you and please look forward to an even greater year of events with AMCP!

# Campus Organization News

## SNPhA: The Future Looks Bright

**Ruzly Mantara**  
SNPhA President

As the school year comes to a close, it's nice to look back and reflect on what we have experienced, accomplished, and learned. Looking back, UCSF SNPhA could not have flourished without the help of our diligent president-elect Amy Hasseberg (board member of the year!), vice presidents Aline Lieu and Shikha Sanjiv, secretary Tiffany Chang, treasurer Alex Young, and historian Jamie Kim. I would also like to thank our P1 representatives, Kimanh Duong and Tiffany Nguyen for their eagerness and support with this great organization. Last but not least, a huge thank you to our fabulous advisor, Dr. Sharon Youmans for her advice and support.

It has truly been an honor and pleasure to serve as SNPhA's president alongside such amazing people; thank you for this opportunity! Our highlights this year in-



*Ashley Aqueche & Brittney Biegel compete at the Clinical Skills Competition*

clude a "Plan on College" health fair with COSA, who we have worked closely with this year to support our affiliated projects, Science Squad, Project Nutrition, and Healthy Heart. Congratulations Andrew DeLaunay, Arthur Andakyan, Jennifer

Ngan, Kristica Kolyouthapong, Renu Gaur, and Simon Young from project Healthy Heart for winning project of the year! We also hosted our annual Clinical Skills Competition where Judy Wu and Tien Ho took first place, Ashley Aqueche and Brittney Biegel took second, and Vanessa Shih and Xue Vee Yang took third. Congratulations to the winners and also the other 11 teams who competed and demonstrated their spectacular clinical skills.

Our chapter is thrilled to announce our trip to the SNPhA National Conference in New Orleans this summer where Ashley, Brittney, Vanessa, and Xue Vee will be competing in the national Clinical Skills Competition. It is also my pleasure to announce the 2013-2014 SNPhA Board: Kimanh Duong, Felicia Wong, Neda Noori-Nassr, Hyojin Sung, Tamara Ly, and Nancy Wong. Have a great summer and don't forget to wear sunscreen!

## CSHP: Residency and Beyond

**Stephanie Hsia**  
CSHP President

It's been an exciting quarter full of new events, a new cabinet, and of course the great events that CSHP continues to organize to educate students about clinical pharmacy and residencies. We started off the quarter with our elections for the 2013-2014 CSHP board. We welcome Uyen Duong, Dorie Wang, Ronika Kalpage, Shawn Sun, Arefeh Orouji, and Charisma Urbiztondo to our CSHP family! We had three brand new joint events this quarter. The first was **Student Perspectives on Residency** with APhA-ASP. We recruited a panel of 8 very accomplished P4s (now PharmDs) pursuing a wide variety of residencies, from out-of-state to in-state, acute care to managed care. It was a great opportunity for students to hear about the residency application process straight from fellow students who had just successfully completed it themselves. We had two new joint events with AMCP: **Lunch Talk on Social and Ethical Side of Medicine** and **Genomic Health Site Visit**. For the lunch talk, we had two medical residents speak about important ethical topics of medicine and healthcare such as Do Not Resuscitate (DNR) orders. The Genomic Health site visit was generously offered by one of our mentors from Mentor Night, Dr. Barry Grobman. Other events



*CSHP Banquet*

we had this quarter include our end of the year **Banquet, Night Out with Industry with GGSHP, Rotations Panel, Clinical Lunch Talks, and Graduation Flower Sale**. On behalf of CSHP-UCSF, we would like to thank all of our members for supporting us this year. We would not be able to hold all of our events without those who attended. We would also like to thank our faculty advisors and GGSHP for their continued support. Stay tuned for more exciting and educational events and projects from CSHP-UCSF!



# Campus Organization News

## LAPS: ¡Hola!

**Adrienne Mekoba**  
LAPS Vice-President

Wow! LAPS has had an exciting year! From planning Spanish conversation lunch talks to hosting cultural events, and not to exclude participating in community outreach events, the Latino Association of Pharmacy Students has continued to serve its mission of reaching out to the underserved Latino community. As the school year comes to a close, I would like to mention the great events that took place during the spring quarter.

This quarter, in conjunction with our counterparts in the School of Nursing, Medicine and Dentistry, we were able to participate in a health fair called, Muévete, to promote healthy lifestyles and educate the Latino community on various health topics. In addition to our community outreach event, we held our quarterly Spanish conversation lunch talks to help the UCSF community break the language barrier when serving patients who only speak Spanish. This quarter, our lunch talk coordinators were able to put together an engaging session about asthma in Spanish. As the spring quarter comes to a close, LAPS looks



*LAPS members helping out at our Annual Undergraduate Outreach Conference*

forward to bringing Carnaval to UCSF and holding our last lunch talk for the quarter.

Finally, I would like to thank the LAPS outgoing board members for all of their hard work during the year. It has been a great pleasure working with each and every one of you! I would also like to take the opportunity to welcome the incoming 2013-2014 board to the LAPS

familia: Shauna Santiago, Adrienne Mekoba, Robert Hunt, Debbie Torres, Nathalie Appiah-Apenteng, Amber Mora, Janelle Le, and Christine Tran! They are full of creative ideas and eager to bring a taste of Latino culture to UCSF in addition to promoting the mission of LAPS next year!

**!La familia de LAPS les deseo suerte en sus exámenes!  
¡Que tengan unas buenas vacaciones de verano y nos vemos en el otoño!**

## Breaking News: Provider Status One Step Closer

**David Yu**  
CPhA Board of Trustees  
& CSHP Student Section Executive Committee

The California Senate approved SB 493 (Hernandez) bringing pharmacist provider status one step closer to reality! After months of hard-fought lobbying and intense member letter-writing, the legislation cleared its house of origin and will now be forwarded to the California Assembly where additional policy committees and the full Assembly will consider the bill in the coming months.

**Continue sending letters and let your voice be heard!**

<https://www.votervoices.net/CPHA/Home>



**Not Familiar with the bill?**

SB 493, as amended, Hernandez. Pharmacy practice:

“The Pharmacy Law provides for the licensing and regulation of pharmacists by the California State Board of Pharmacy in the Department of Consumer Affairs. The law specifies the functions pharmacists are authorized to perform, including to administer, orally or topically, drugs and biologicals pursuant to a prescriber’s order, and to administer immunizations pursuant to a protocol with a prescriber. Pharmacists may also furnish emergency contraception drug therapy pursuant to standardized procedures if they have completed a training program. A violation of the Pharmacy Law is a crime.

This bill, instead, would authorize a pharmacist to administer drugs and biological products that have been ordered by a prescriber. The bill would expand other functions pharmacists are authorized to perform, including, among other things, to furnish self-administered hormonal contraceptives, prescription smoking cessation drugs, and prescription medications not requiring a diagnosis that are recommended for international travelers, as specified. Additionally, the bill would authorize pharmacists to

# Fraternity News

## Phi Delta Chi: A Season of Change

**Mike De Guia**  
PDC Worthy Vice Counselor

Spring – the season of change and new beginnings – is the perfect backdrop for Phi Delta Chi's recent happenings. Our 40 newly-initiated brothers have traded in their pledge pins for sweatshirts adorned with Greek letters, and our P2 brothers have traded in their free time for therapeutics. Our P3 brothers have transitioned over to rotations, getting ready to save the world one six-week rotation at a time. Our P4 brothers are no longer student pharmacists, as they've completed their degrees and are off to bigger and better things. PDC's old cabinet members? They were a little too happy to transition over their responsibilities to the incoming officers.

Amidst all these changes and transitions, our chapter has been quite active. During PDC's P3 send-off, we sent our P3 brothers off to rotations with sushi, notes of encouragement, and our best wishes. The PDC-KY Game Day Event was a fun day of sports and a great source of Vitamin D, and there were only two injuries – a torn hamstring by KY brother Vincent Cagonot, and a rolled ankle by PDC brother Derek Phan. We also volunteered at UCSF's Plan on College event, which took place at MLK middle school. At commencement, we presented our



*Phi Delta Chi Brothers*

graduating brothers with ribbon leis and mugs. Finally, to take a much-needed break from school, our chapter visited Santa Cruz to stroll along the boardwalk and investigate the Mystery Spot.

Change can be scary, but it's essential in the pursuit of progress and the avoidance of stagnation. With each new quarter's challenges and uncertainties, it's important to remember that we can always lean on our brothers for support, and that we should appreciate the time we have left in school. Pharmacy school moves pretty fast. If you don't stop and look around once in a while, you could miss it.

## Kappa Psi: Brotherhood & New Beginnings

**Lauren Louie**  
KY Corresponding Secretary

Spring 2013 has been full of transitions and celebrations for the brothers of Kappa Psi. The quarter began with the election of a new cabinet of fourteen enthusiastic PIs who are eager to work together and with Immediate Past Regent John Horner to serve the Beta Gamma chapter.

With the lure of spring sunshine impossible to ignore, we enjoyed some friendly competition with the brothers of Phi Delta Chi at this year's bifraternity Game Day in April. Ultimate Frisbee, dodge ball, friendly games of catch and more brought brothers from both fraternities out to the grassy slopes of Golden Gate Park for an afternoon break from class and IPPEs.

One week later, Kappa Psi took an evening escape to the tropics at the annual KY Luau at the fraternity house. Attendees enjoyed delicious Hawaiian-style barbecue and a memorable performance from the new cabinet, which can only be described as a hula workout like you've

never seen before!

The annual Spring Banquet at Jillian's in mid-May provided an excellent opportunity to celebrate the end of midterms and to recognize the brothers who have left a profound impact on the chapter. We awarded Brothers of the Year to Nichol Baxter and Jason Barca, Officer of the Year to Rush Coordinator Lexy Reynolds and Pledge of the Year to new Regent Erin St. Angelo for their outstanding contributions and endless dedication to Kappa Psi. The outgoing cabinet formally passed the torch to the new cabinet and we capped off the evening with some well-deserved fun at Sloan SF.

Spring festivities culminated in the inaugural Drug Family Competition, in which brothers competed in teams to prepare the best mac and cheese, based on both creativity and taste.

On behalf of the new cabinet, thanks to the outgoing cabinet and all active brothers for a great year and

congratulations to the brothers who have just transitioned to Graduate status. We look forward to what the fall will bring!



*Incoming Kappa Psi cabinet members Shannon McCabe, Elizabeth Nguyen and Marilina Mansour sport grass skirts and Hawaiian florals at the annual Kappa Psi Luau.*

# COSA

## Community Outreach at its Finest

**Tiffany Chang**  
**COSA Board-External Director**

This quarter has been a very eventful for COSA! We had many outreaches in various communities and we also welcomed the incoming COSA Project Coordinators and Board Members for 2013-2014! We are excited for them as they transition and we are very excited for what they will bring to COSA next year.

In early April, Spring Auction 2013 was held and over \$10,000 was raised to support all of COSA's community outreach projects! We want to say thank you to the Spring Auction P1

Committee who worked hard to put this event together and thank you to everyone who supported the Spring Auction! We hope everyone who attended also had a great time.

In April, we partnered with UCSF CEP, Children's Health Hut, and SNPhA to host a health fair at Martin Luther King Middle School during their Plan on College Event. In May, we partnered with SF Hepatitis B Clinic and Asian Health Institute



*Muevete Health Fair at Bryant Elementary School May 18, 2013*

to host a health fair at Chinatown Public Health Center. Five projects attended to provide screenings and educational health services for patients. We also partnered with LAPS, CHE, and NAHN to host an interprofessional health fair at Bryant Elementary School. Patients were able to receive screenings and learn about different health topics through lessons provided by each

of the different schools. Our last event this quarter was The Heart of the City Farmer's Market outreach at the UN Plaza in Civic Center. We were very glad that we were able to return to this site, and we were also able to collaborate with HiCap.

As this quarter comes to an end, we want to say thanks again to all the Project Coordinators, advisors, preceptors, and volunteers

for your dedication and support this year! It is with your dedication and support that community health fairs and outreaches are possible. Everyone has done an incredible job, and we know that 2013-2014 will bring a new year of many exciting community outreach events!

CPhA & CSHP

*Continued from Page 9*

order and interpret tests for the purpose of monitoring and managing the efficacy and toxicity of drug therapies, and to independently initiate and administer routine vaccinations, as specified. This bill also would establish board recognition for an advanced practice pharmacist, as defined, would specify the criteria for that recognition, and would specify additional functions that may be performed by an advanced practice pharmacist, including, among other things, performing patient assessments, and certain other functions, as specified. **The bill would authorize the board, by regulation, to set the fee for the issuance and renewal of advanced practice pharmacist recognition at the reasonable cost of regulating advanced practice pharmacists pursuant to these provisions, not to exceed \$300.** Because a violation of these provisions would be a crime, the bill would impose a state-mandated local program."



**Like what you  
 hear?  
 Make sure to go  
 to Leg Day 2014!**

**6) You're very active on many different fronts, from being a member of the UCSF Epilepsy Center, a core leader of the Epilepsy Phenome/Genome Project, and a professor in both the schools of pharmacy and medicine, just to name a few things. Could you tell us about any projects you're currently involved in?**

Several years ago, we completed a large randomized trial of diazepam vs. lorazepam vs. placebo for the out-of-hospital treatment of patients with status epilepticus (prolonged/repeated seizures that are life-threatening). This led to my work with the Epilepsy Phenome/Genome Project which is a study to collect comprehensive clinical information and DNA samples from 3,750 patients with epilepsy. This information is being used to identify genetic risk factors for epilepsy and will lead to a better understanding of why medications either work or fail when used to treat epilepsy. I'm also a neuropharmacology core leader for a new project – the Human Epilepsy Project – which is a prospective study to identify clinical characteristics and biomarkers that predict epilepsy outcome, progression and response to drug treatments. This project is just beginning enrollment.

**7) Do you have any words of advice for students?**

Each one of you will be outstanding pharmacy health care providers. As you move through your training and beyond, be sure to attend to your family, friends and your physical, emotional and spiritual health – in addition to your studies and your career. As a professional, align your career with your personal values – and give special care to those who are less able to care for themselves.

RYAN BEECHINOR

Continued from Page 4

**What has your experience been with the Pharmaceutical Sciences pathway? What sparked your interest?**

I became interested during my P1 year when I attended a poster session of the P4's pathway projects. After seeing how many of their projects were clinical, I became energized at the idea of performing my own project. Currently, I am working with Dr. Janel-Long Boyle PharmD, PhD, a clinical pharmacist and assistant professor at UCSF. Dr. Long-Boyle specializes in adult and pediatric oncology, hematology, and hematopoietic cell transplantation. My project is a pharmacokinetic study of a new nucleoside analog combination (fludarabine and clofarabine) in pediatric patients undergoing hematopoietic stem cell transplantation.

**What advice do you have for us?**

My advice for the P1/P2 classes is simple: take advantage of the opportunities you have as student. In your therapeutics courses, you have access to outstanding clinicians who can guide you in solving many of the controversial decisions in the "therapeutic gray zone." Therefore, mine your professors for their thoughts and expertise! Additionally, I can say that traveling the country to see my friends and family has always been a priority. While this certainly made my academic achievements more challenging, it is now obvious that the opportunities to go on such trips are few and far between. Although, financially I probably could have been more frugal, I've always lived by the motto, "Money is just paper... until you spend it."

**A Special Thank You to:**

Bagel Day, brought to you by Noah's Bagels and Martha & Bros Coffee

CLASS OF 2016

Continued from Page 6

Special occasions in the Spring were the engagement of Annie Chou to Eddie Lee, the blessing of Lisa Wells with a baby girl and the graduation of the Class of 2013 – Congratulations!

It was merely a year ago this time when we were all filled with excitement and curiosity about UCSF. Now, enthusiastically receiving the pharmacy baton from the classes before us, we are ready to lead SOP into a new era. These great opportunities and transformation are due to the amazing support and guidance of upperclassmen and faculty that worked hard to foster our development. Thank you for an incredible adventure!

NCPA

Continued from Page 6

tive with a mix of lecture and group activities for each of the sessions.

Sessions included product development, pitching a product, human resources, return on investment, and personal finance. Below is a list of the speakers we had as our guests from this quarter who were all experts in their field. We hope you all join us next year when we hold the course again!

**Nancy Walter** – Director, Academic Personnel, UCSF

**Brian Hille** – VP Wellness Service, Safeway Pharmacy Department

**Jason Oberfest** – Co-Founder and CEO, Mango Health

**Nancy U. Kamei** – Partner, Global Health Aberdare Ventures